

FRESH-AIR TREATMENT

Most Potent Means of Restoring Consumptive Patients to Health

Dr. F. R. Walters in his study on the various sanatoria for consumptives calls the open-air life the keynote of sanatorium treatment. He further says that the patient, instead of being kept in a carefully warmed room ventilated from other parts of the house, according to the popular notions of old, lives in the open air from morning till night, at all seasons and in all weathers. Lack of fresh air is the greatest predisposing cause of consumption; fresh air is the most potent means of restoring him to health.

Now this prescription is very easy to carry out in dry climates such as those of Egypt, the Alpine health resorts, South Africa or Colorado; but it requires special arrangements and special precautions in a damp and rainy climate. The credit of showing how this may be accomplished belongs mainly to Brethner, Dettweiler and their followers. The open-air method may perfectly well be carried out in any climate which is healthy for those who are not consumptive. As Leon Petit observes: "Here the climate may help the cure, . . . there it may hinder it; but it only exerts a secondary influence on the treatment." (1) Moreover, just as the pleasantest climates are not always those which are best for healthy people, (2) so it may be that the most pleasant climates for an out-of-door life—where the air is warm and dry and little rain falls—are not best for those consumptives who have later on to return to a less favored place. It is bracing climates rather than warm and equable ones which have the greatest influence in restoring the consumptive to health, in all but exceptional cases.

For the open-air treatment, a four-fold shelter should be provided against wind, excessive cold, extreme sun heat and rain. Wind raises dust, increases cough in consumptives, and intensifies the chilling effects of cold. The foreign sanatoria with few exceptions have both natural and artificial shelter against wind. Cold within certain limits is useful to the consumptive; but it should be a windless cold, and suited to the individual power of reaction. As damp intensifies the climatic effect of both heat and cold, the chilly consumptive will be able to withstand a lower temperature in a dry than in a humid climate. Protection against rain and snow will seem to most people an obvious necessity, although at Nordach rain is often disregarded. It is not enough to provide resting places in the sanatorium which are protected against rain. At certain stages exercise is imperative, and sheltered paths and open covered corridors are needed for exercise in rainy weather. At Falkenstein there is such a corridor 200 feet long.

In places where the sun's rays are very powerful, as at Canigou in the Pyrenees, direct exposure to the sun is found to increase the tendency to fever. Even at Hohenheim on the Rhine, which is not far south, a large verandah has been provided which in hot weather can be artificially cooled by a stream of water. Protection against wind and weather is afforded in most sanatoria by large verandas, which may be fitted with movable glass screens, as the Adirondack Cottage Sanatorium. In our own climate it would be useful to have a veranda with a hollow floor, which could be warmed, as cold and damp can be more easily borne if the feet are kept warm. Other simpler ways are the provision of hot bottles and warm clothing. Recumbency also helps a chilly patient, the blood circulating with less cardiac effort in this position. According to Dr. Welcker and Dr. Jacoby, the recumbent position also favors the flow of blood to the apices of the lungs. In most foreign sanatoria summer houses or sun boxes are also provided; at Falkenstein some of these can be rotated according to the direction of the wind. Dr. Burton-Fanning, in his experimental sanatorium near Cromer, has modified the well-known shelters of our seaside resorts by providing them with reversible glass screens.

(1) Loc. cit. p. 49.
(2) Hermann Weber and Michael G. Foster, article in Allbutt's Syst. of Med. on "Climate in the Treatment of Disease."

Stable and Conditions.

"The condition and health of a horse," says the National Builder, "depend very much upon the kind of stable it is kept in. There are horses which suffer from disease of the eyes, from coughs, from scratches and other skin diseases, all of which are produced by the pungent, foul air in the stables. Farmers and others who have horses will take pains to keep their carriages and harnesses protected from the strong ammonia of the stables, lest the leather may be rotted or the varnish dulled and spotted; and at the same time they will wonder why their horses cough, or have weak eyes or moon-blindness, or suffer from other diseases which, if they would only think for a few minutes they would readily perceive are due to the foul air the animals are compelled to breathe every night in the year while confined in close, badly ventilated stables. The remedy is very easy. The stable should be kept clean; this will prevent the greater part of the mischief, and it should be well ventilated. The floor should be properly drained, so that the liquid will not remain on it, washed off at least twice a week with plenty of water, and then liberally sprinkled with finely ground gypsum (plaster), which will combine with and destroy the am-

monia. A solution of copperas (sulphate of iron) will have the same result. Lastly, the floor should be supplied with absorbent litter, which should be removed when it is soiled. Ventilation should be provided in such a way as to avoid cold drafts. Small openings, which may be easily closed with a slide, may be made in the outer wall near the floor, and similar ones near the ceiling, or in the roof, through which the foul air can escape. Pure air is of the utmost importance to the well-being of horses."

Insomnia.

This very common condition is most often due to six o'clock dinners or eating in the evening. To secure sound sleep, no food should be taken after 4 p. m., or at least nothing more than a little ripe stewed fruit, without cream, and with as little sugar as possible, better with none. Oranges or some other juicy fruit are preferable for an evening's lunch. Avoid bread and butter or milk, and similar articles which digest slowly. Fruit juices and completely predigested food substances may be added in moderation.

Tea and coffee also produce sleeplessness. Sedentary habits conduce to sleeplessness by promoting the accumulation of uric acid, which is a nerve excitant, and gives rise to restlessness and disturbing dreams.

Said the wise man, "The sleep of the laboring man is sweet." Eccl. 5:12. Gentle fatigue produced by exercise out of doors is wonderfully effective as a means of producing sleep. A prolonged bath, fifteen to forty minutes, or even longer if necessary, at a temperature of 92 degrees to 95 degrees F., taken just before retiring, is an excellent remedy for sleeplessness. The moist abdominal bandage, consisting of a towel wrung quite dry out of cold water and wound around the body, covered snugly with mackintosh and then with flannel in sufficient quantity to keep it warm, is an exceedingly helpful measure in producing sleep in cases in which sleeplessness is due to excess of blood in the brain. Care must be taken to keep the feet warm. If necessary, a hot bag may be applied to the feet or a moist pack to each leg. If the head is hot, a cool compress may be applied.

Still Saws Wood at 91.

The Rev. Jacob Chapman of Exeter, N. H., is the only nonagenarian, and one of the few clergymen in New Hampshire who saw all the wood used in their stoves for cooking and heating purposes. The amount of wood used by a family during the long New Hampshire winters is something enormous, yet Mr. Chapman goes out into the woodshed every day and saws all most enough to keep the parlor and bedroom stoves well supplied, as well as to furnish what is needed for the kitchen.

Mr. Chapman celebrated the 91st anniversary of his birth this week. Though never robust, Mr. Chapman's physical powers are remarkably well preserved. A day seldom passes in which he fails to cut a little wood, an exercise which he considers very beneficial. In good weather he takes long walks. His mind is alert and his memory very retentive.

He was born in Tamworth, and in 1827 entered Phillips Exeter academy, of which he is the oldest living graduate. He was graduated from Dartmouth college in 1835, and from Andover Theological seminary in 1839. For many years he was a teacher. Since his retirement Mr. Chapman has lived here, devoting himself to genealogical research. He has written a number of family histories, and contributed to secular, genealogical and religious publications.—Exchange.

Why the Body Needs Water.

Someone has asked: "What would be the cause of death of a person who drank no water?" This subject has been studied considerably; animals have been experimented upon, and it is found that without water they lose their power to eliminate the natural poisons; they must have water in order to eliminate them, otherwise the secretions become too dense. Without water, the amount of urea which should be secreted becomes diminished, and so with the other secretions. We need water, not only to dissolve the food and carry it along, but we need it to dissolve and carry out of the system the poisonous and worn-out material of the body, after it has served its purpose. Water forms a circulating medium for carrying substances back and forth in the system, conveying nourishment to the various parts of the body, bringing back the used-up material and carrying it out by way of excretory ducts. The amount of water daily required is from two to three pints. In very hot weather a larger amount is needed, as much water is lost by perspiration. If one's diet consists largely of the juices of fruits, the quantity of water may be considerably diminished.

Is Water a Food?

Hutchinson, an English authority, who has published the latest and best work on foods, includes water among food substances. Water enters the body, not only as a solvent, but as destined to become a constituent element of the tissues themselves. Water adds to the energy of the body, by increasing the power of the heart, and in other ways contributing to the activity of the tissues.

CANNOT REFINO OIL

Kansas Supreme Court Kneels Out The Appropriation.

DECLARED UNCONSTITUTIONAL.

The Oil Refinery Law Was Considered One of the Most Direct Blows Struck at the Standard Oil Company by the Last Legislature.

Topeka, Kan., July 10. — The law passed by the legislature last winter appropriating \$410,000 to build an independent oil refinery at Peru was declared unconstitutional by the state supreme court in an opinion rendered by Associate Justice Green.

The oil refinery law was considered one of the most direct blows struck at the Standard Oil Company by the last legislature, which adopted measures tending to restrict that concern in the handling of the Kansas product.

The oil refinery law provided for the erection at Peru of a branch of the state penitentiary to house sufficient prisoners who, it was intended, were to work the oil plant. State Treasurer Kelly and Warden E. B. Jewett, whose duty it was to issue the bonds, declined to sign them in order to first secure a decision on the constitutionality of the act. Attorney General C. C. Coleman filed mandamus proceedings in the state supreme

court on behalf of the state to compel these officers to sign the bonds. The opinion today declaring the act to be illegal and unconstitutional was concurred in by all members of the state supreme court.

The court holds that the construction of the refinery and the branch penitentiary in connection with it is in violation of the state statute which declares:

"The state shall never be a party in carrying on any works of internal improvement."

The construction and operation of such a refinery, it is held, would be a work of internal improvement.

The court, continuing, reviews the discovery of great quantities of oil in the state; the rapid development of the industry and the general public complaint that a particular corporation was unjustly manipulating the market of this product so that the producer was being deprived of what rightfully belonged to him, and that a public demand had been made on the legislature to enact laws to protect the producer.

The court by inference criticizes Governor Hoch for using a scarecrow to frighten the oil trust, so-called, and then for informing the trust that the thing he has set up is a scarecrow. "The indictment of the Standard Oil company," says the court, "is no doubt true and the provocation was very great, but we must not make a scarecrow of the law."

Governor Hoch was greatly disappointed with the decision and said:

"Now that we have started it I wanted to go on and run our refinery. We would have secured more than its cost in the price of oil in a few months. If I had been the supreme court I would have strained a point to have declared the law constitutional."

HURRICANE AT SEA-- SWEPT SAMOAN ISLANDS

Tutula, Samoa, July 12.—On June 12 a gale with hurricane force swept over the Samoan islands. Strong southern winds had prevailed for some time, when they veered round to the west and the north on the morning of the 12th. Toward evening the wind shifted again and came with such violence from the south that as much damage was done to the plantations as during a gale occurring in the "hurricane" months.

In German Samoa much damage was done to the new plantations, chiefly on account of the falling branches of the high shade trees left for the protection of the cocoa and coffee. The roof of a large opera house in Saville was blown to sea, and in Tutula the iron roof of a new church was placed on the beach of the village. No damage was done at Pago-Pago.

Great preparations are being made in Samoa for the dedication of the Roman Catholic cathedral in Apia, and natives from all parts of the southern coast are sailing toward that town. Several hundred have left Tutula in the last few days and there are many from Fiji and other islands. The festivals take place July 20th.

DEATHS FROM HEAT-- NEW YORK SUFFERS

New York, July 12.—Ten deaths and more than two score cases of prostration resulted from the continuance today of the wave of intense heat which reached the city Saturday. A grateful breeze from the sea served in a measure to temper the torrid temperature and excessive humidity, but the suffering, especially in the swarming tenement house quarters, was intense, and throughout the day the ambulances were kept busy removing sunstruck patients to the various hospitals.

At 10 o'clock the thermometer registered 89 degrees, two degrees higher than yesterday, and remained at this point until 6 o'clock, when a heavy thunderstorm, with a deluge of rain, descended on Brooklyn, the lower portion of Manhattan and suburban towns in New Jersey. The storm brought a startling fall in the mercury, which dropped thirteen degrees within half an hour, effectually breaking the hot wave. This evening the cool breeze continued, with every

prospect that it would hold during the night.

The rain storm almost attained the proportions of a cloudburst in the lower section of Manhattan, and within ten minutes many of the downtown streets were flooded to the level of the sidewalks.

Broad street, in the vicinity of the stock exchange, was rendered impassable and the brokers on the "curb" were compelled to hasten the close of the market and flee before the rising flood. A torrent rushing down Broadway, Whitehall street and State street, poured into the new subway station at South Ferry, flooding the tracks nearly to the level of the third rail and for a time threatening to interrupt traffic by short-circuiting the current. The rain ceased within half an hour, when the flood in the streets rapidly subsided.

During the height of the storm the administration building on Ellis Island, where there were 2,000 immigrants, was struck by lightning twice, but sustained only trifling damage.

MANILA BOY HERO WINS; CHIEF OF DEPARTMENT

Washington, July 10.—Richard Covert, a young stenographer, who has just been made chief of the appointment division of the office of the fourth assistant postmaster general, which puts him in charge of 66,000 fourth-class postmasters throughout the country, is the latest of those who literally worked night and day in the Bristow investigation of the postoffice department to be rewarded.

At the beginning of the investigation Covert was brought from Chicago, where he had a reputation as a fast worker and a man who could be trusted, and was made confidential stenographer to "Sleuth" Bristow. Throughout the investigation he worked from twelve to sixteen hours a day, and twice when Mr. Bristow was preparing his final report he worked for thirty-six hours without leaving his desk. In recognition of his loyalty he is given one of the best

jobs in the department, though he has been in the government service only three years. The place pays \$2,000 a year.

Covert was a shell carrier on the cruiser Baltimore at the battle of Manila bay, and was the most seriously wounded American in the engagement. He was knocked down by the concussion of a gun, and the heavy shell which he was carrying crushed a bone in his leg. He refused surgical attention and demanded that he be carried to his gun, which he helped handle until the last Spanish flag went down. Then he went to the hospital and narrowly escaped losing his leg.

Naval discipline was not suited to Covert's nature, and he was frequently on the carpet for violations of the regulations. His bravery and consequent popularity with the officers saved him severe punishment, but he was fined so often that he drew only \$115 for three years' service.

Notes Are Submitted.

Paris, July 12. — Premier Rouvier submitted to the chamber of deputies the notes exchanged between him and Prince von Radolin, constituting the Franco-German agreement relative to Morocco.

Leaves for New York.

Havana, July 12. — Former Congressman George Fred Williams of Boston, who has been ill at the Anims hospital, was discharged and took passage on the War line steamer Monterey for New York.

Suicide in Jail.

Macon, Mo., July 12.—Henry Spilker, a German, was found dead in the town lockup about midnight, having made a rope out of his shirt and hung himself to the bars.

No Lights or Water.

Guanaquato, Mex., July 12.—In the process of cleaning streets of debris caused by the flood, more bodies have been found. Most of the corpses are mangled beyond recognition. The city is still without light or drinking water.

Danish-Japanese Company.

Prominent Copenhagen trades people have organized a Danish-Japanese trading company to operate on a large scale in the Far Eastern trade. It is proposed to utilize the excellent Copenhagen free port as the distributing center, and they do not doubt their ability to capture for Copenhagen a considerable portion of the Oriental trade at present enjoyed by England and Germany.

"Dr. David Kennedy's Favorite Remedy cured my wife of a terrible disease. With pleasure I testify to its marvelous efficacy." J. Sweet, Albany, N. Y.

One Good Thing Left.

Missouri's elaborate new game law is giving the editors much concern. An exchange, after studying the new law declares that it does not prohibit the use of fried chicken.

USE THE FAMOUS

Red Cross Ball Blue. Large 3-oz. package 5 cents. The Russ Company, South Bend, Ind.

When you bury yourself in depression you plant thorns on the grave of greatness. Even melancholy is a step to greatness; although unless you become the master in control, it will prove your everlasting humiliation. If these battles can be managed by the aid of will-power, it will soon be seen that you and you only are the only one that can bring strength and contentment under any circumstances.

All Up-to-Date Housekeepers use Defiance Cold Water Starch, because it is better, and 4 oz. more of it for same money.

Competing With Yankees.

A leading Berlin paper contains a communication from Buenos Ayres in which the writer urges German merchants and financiers to come into closer touch with Argentina, which gives promise of great prosperity and extensive trade. He warns his countrymen that if they tarry they will not be able to compete there with the "Yankees."

"Swiftwater Bill's" Troubles.

William C. Gates, better known as "Swiftwater Bill," one of the most noted characters of early Klondike days, is defending the second divorce suit brought by his third wife. The case is being tried in Seattle. Gates in the early days at Dawson was a much-talked-of person because of his marriage and strange courtships. The wife who is now suing him for divorce brought suit last April, but the court refused to grant a decree and no provision was made for the two children of the marriage. At the present time Gates is working some rich claims and is reported to have again made a fortune. Mrs. Gates, formerly a dance hall performer, is the younger of two sisters whom her husband married.

Arriving at a Verdict.

Kushequa, Pa., July 10.—(Special)—In this section of Pennsylvania there is a growing belief that for such Kidney Diseases as Rheumatism and Lame Back there is only one sure cure and that is Dodd's Kidney Pills. This belief grows from such cases as that of Mrs. M. L. Davison of this place. She tells the story herself as follows:

"I have suffered from Rheumatism for thirty years and find that Dodd's Kidney Pills have done me more good than any medicine I have ever taken. I was also bothered with Lame Back and I can only say that my back hasn't bothered me since I took Dodd's Kidney Pills."

Considering that Mrs. Davison only took two boxes of Dodd's Kidney Pills, the result would be considered wonderful if it were not that others are reporting similar results daily. Kushequa is fast arriving at a verdict that "Dodd's Kidney Pills are the one sure cure for Rheumatism."

After singing the baby to sleep a woman proceeds to talk her husband to sleep.

Four Facts For Sick Women To Consider

Lydia E. Pinkham's Vegetable Compound Has an Unequalled Record of Cures—Mrs. Pinkham's Advice Is Confidential, Free, and Always Helpful

FIRST.—That almost every operation in our hospitals performed upon women becomes necessary through neglect of such symptoms as backache, irregular and painful menstruation, leucorrhoea, displacements of the uterus, pain in the side, burning sensation in the stomach, bearing-down pains, nervousness, dizziness and sleeplessness.

SECOND.—The medicine that holds the record for the largest number of absolute cures of female ills is Lydia E. Pinkham's Vegetable Compound. It regulates, strengthens and cures diseases of the female organism as nothing else can.

For thirty years it has been helping women to be strong, curing backache, nervousness, kidney troubles, all uterine and ovarian inflammation, weakness and displacements, regulating menstruation perfectly and overcoming its pains. It has also proved itself invaluable in preparing for childbirth and the change of life.

THIRD.—The great volume of unsolicited and grateful testimonials on file at the Pinkham Laboratory at Lynn, Mass., many of which are from time to time published by permission, give absolute evidence of the value of Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice.

FOURTH.—Every ailing woman in the United States is asked to accept the following invitation. It is free, will bring you health and may save your life.

Mrs. Pinkham's Standing Invitation to Women.—Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. From symptoms given, your trouble may be located and the quickest and surest way of recovery advised. Out of the vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Surely, any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

Red Cross Ball Blue

is the name of the bluing you are looking for. Ask your grocer. He sells it. Remember the name. A large 3-oz. package for only 5 cents. After you see your clothes

Snowy White

made so by RED CROSS BALL BLUE you will want no other.

The Opportunity of Today

The opportunity for the man with little means is better today than in the history of the South-west than ever before in the history of the nation. To be sure, there is not the vast open choice of land for the homestead that existed in the '70s. The lands then taken up under Government laws are now prosperous farms and ranches. There is need of more hands to develop the country. In the southwest—Indian Territory, Oklahoma and Texas—are vast areas of unimproved land not yet yielding the crops of which it is capable. Practically the same thing is true of the towns. Few lines of business are adequately represented. There are openings of all sorts for WIDE-AWAKE MEN. ASK YOU ONE?

If you are interested, tell us what you want, how much you have to invest, and we will gladly furnish the information. Write for a copy of our paper, "The Coming Country." It's free. Address,

GEORGE MORTON, G. P. & T. A. BOX 911. ST. LOUIS, MO.

Say Plainly to Your Grocer

That you want LION COFFEE always, and he, being a square man, will not try to sell you anything else. You may not care for our opinion, but

What About the United Judgment of Millions

of housekeepers who have used LION COFFEE for over a quarter of a century? Is there any stronger proof of merit, than the

Confidence of the People

and ever increasing popularity? LION COFFEE is carefully selected at the plantation, shipped direct to our various factories, where it is skillfully roasted and carefully packed in sealed packages—unlike loose coffee, which is exposed to germs, dust, insects, etc. LION COFFEE reaches you as pure and clean as when it left the factory. Sold only in 1 lb. packages.

Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.



PILE'S NO MONEY TILL CURED

SEND FOR FREE BOOK, TREATISE ON PILES, BRONCHITIS, WITH REMEDY OF PAINFUL CURE. DR. THOMAS PILE, 1007 OAK ST., KANSAS CITY, MO. (MAIN OFFICE AT ST. LOUIS)

W. N. U.—Wichita—No. 28—1905

When Answering Advertisements Kindly Mention This Paper.

PISO'S CURE FOR COUGHS

Best Cough Syrup, Tastes Good. Use in time, sold by druggists.